

Summer 2020 Mental Health Supports - Milton



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Achieving Believing Belonging

Dear Students and Families,

This has been a challenging year, to say the least. As we begin to say goodbye for the summer, we recognize that mental health concerns do not take a break.

The following information is available to yourself and for those that you love, in an effort to remind you that you are never alone. There is always someone out there to help and that your mental health needs are worthy and deserving of attention.

All of these services are free unless otherwise stated.

We are with you and wish you a Happy and Safe Summer.



Help Can Take Many Forms

Regular Counselling – Talking to a Person

Self Serve Options

Crisis Support



Regular Counselling – Talking to a Person



ROCK Virtual Walk in Counselling

The walk-in clinic is available for: families with children 0-17, youth 12+ (can reach out on their own)



- ROCK Virtual Walk In: Hours: Monday, Tuesday and Wednesday - 12:00-3:00 pm 289-266-0036
- ROCK Live Answer Service: 289-266-0036
- Chat with a digital assistant, Quinn
- ROCK Crisis Line: 905-878-9785

All ROCK services are available free of charge.



Canadian Mental Health Association



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

- [Free Call-In Counselling](#) for anyone 16+
- Leave a message at 289-291-5396
- Someone will call you back within 24 hours during the weekdays, they will open a file and set up a time for a session
- Can be up to 60 minute session
- Can call once per week and request same counsellor, they try their best to accommodate
- can have as many sessions as you feel you need



Parents can Help

Employee Assistance Program (EAP)

- Available through some employee benefit plans, parents need to set it up, teens can help them
A short-term, counselling service; usually funded by your parents' employer and provided by an external organization

Talk to Your Doctor

- If your family doctor is part of [Prime Care Family Health Team](#) in Milton, you may have access to mental health support covered by OHIP
- If your doctor isn't part of that team, connect with them and talk about your symptoms, they can assess you and determine next steps



Bounce Back – CMHA

BounceBack[®]
reclaim your health

- Work with [BounceBack](#) coaches for free that help you learn skills to improve your mental health
- 3-6 telephone sessions
- Choose what you want to work on from nine booklets
- Your doctor needs to be aware of the referral, they can make the referral or you can and let them know





Private Therapist - \$\$

- Do your research, ask your parents, read reviews, ensure cultural relevancy
- Find someone that specializes in what you are going through
- Parents' benefits plans can cover some of the cost
- Relationship is KEY
- It doesn't matter how much they charge, but how connected you feel
- Don't be afraid to say: this is not working and try someone else



Self Serve Options



HCDSB YouTube



- Videos created by HCDSB Social Workers
- [Playlist for Parents](#)
- [Playlist for Students](#)
- Quick videos about various topics such as validation, grounding strategies, changing thoughts, accepting the situation, breathing, mood boosters, physical activity etc.



If you're feeling



BounceBack[®]
reclaim your health

Bounce Back[®] can help!



Bounce Back Today Videos

- If not ready to talk to someone
- Get tips on managing your mood, sleeping better, building confidence, increasing activity, and problem solving through our online video series.
- Pick and choose which topics would be most useful. Videos are available in English, French, Arabic, Farsi, Cantonese, Mandarin, and Punjabi
- [Bounce Back Today Videos](#)
- Enter your email address and login code: bbtodayon

BIG WHITE WALL®

Big White Wall

- [Online Peer to Peer Support](#) Community for your mental health
- Anonymous message boards, get advice, give advice, need to register with an email address
- Available 24/7
- Trained practitioners to moderate the community
- Self assessments
- Self guided courses on sleep, substance use, self harm, procrastination, problem solving, anger, grief and loss, stress & worry and many more



Apps

MindShift -“uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety” - Free



Insight Timer – “With 45,000 free guided meditations you can meditate on Insight Timer for as long as you want without ever paying a cent” - Free

Happify - “science-based activities and games in the fields of positive psychology, mindfulness, and cognitive behavioral therapy can help you overcome negative thoughts, stress, and life's challenges”
Free with In App Purchase



Search: “Mental Health” in your App Store and you can choose whichever apps fit your lifestyle. Often requires trial and error to find the right one!



Podcasts/Self Help Books and Social Media

- Search “Youth Mental Health” in your podcast app, find one you might like
- [Youth Minds Matter](#) – Short podcasts, more coming soon
- **Self Help Books** – go to your local bookstore or check online for workbooks on depression, anxiety
- **Social Media** – search for hashtags like #mentalhealthrecovery #youthmentalhealth
- Curate your feed to actually support mental health instead of making you feel bad



Crisis Support

If Imminently Suicidal – Call 911





Kids Help Phone: confidentially talk or text with someone who is aware of mental health challenges that young people may face

Text **CONNECT** to 686868 or call 1-800-668-6868



LGBT Youthline: Lived experience volunteers to talk with you about LGBTQ+ questions or concerns. 4-9:30p Sun-Fri. Text: 647-694-4275, email: askus@youthline.ca, Chat on the website



ROCK 24 Hour Crisis Line: Call 905-878-9785, leave a message and someone will call you back within 20 minutes



Black Youth Helpline: Call 1-833-294-8650, between 9a-10p. Provide coaching and guidance to multicultural youth, specifically black youth. You can also email for services: info@blackyouth.ca



COAST – Crisis Outreach and Support Team: 1-877-825-9011, 24/7, “Our crisis professionals will speak to you by phone to provide support and help you make a plan to stay safe. We may also provide ongoing telephone support and connect you to others who can help”



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Have a Safe, Healthy & Happy
Summer!

